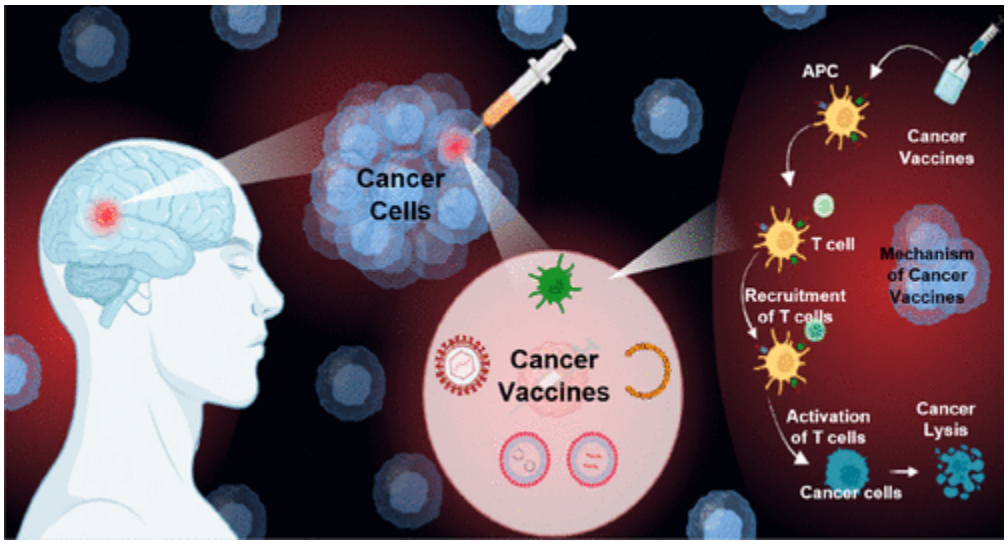
The Impact Of The Chikungunya Virus On Human Health

Introduction

A mosquito-borne illness called chikungunya virus (CHIKV) causes fever, exhaustion, and excruciating joint pain. With outbreaks throughout Africa, Asia, the Americas, and Europe, it was first discovered in Tanzania in the 1950s and has since spread throughout the world.



It is essential to comprehend the effects of Chikungunya on the body in order to prevent, treat, and diagnose the disease early. A Chikungunya virus (CHIKV) infection causes a variety of symptoms, including fever, rash, joint pain, and muscular discomfort. These symptoms can significantly interfere with day-to-day activities and, in certain situations, result in long-term problems.

In this piece, we will examine:

✔ *How does the virus go inside the body?*

✔ *Signs and phases of an infection*

✔ *Effects on organs and joints over time*

✔ *Who is most vulnerable?*

✔ *Options for prevention and therapy*

How Will the Chikungunya Virus Get into Your Body?

The primary way that chikungunya is communicated is by the bite of an infected Aedes aegypti or Aedes albopictus mosquito, which are the same mosquitoes that spread dengue and Zika.

After entering the body, the virus:

1. *Infects skin cells in the vicinity of the bite.*

2. *Proliferates in the bloodstream and lymph nodes (viremia phase).*

3. *Induces inflammation by targeting muscles, joints, and occasionally organs.*

Chikungunya is not contagious like some other viruses; instead, it is conveyed by mosquito bites or, in rare cases, from mother to labouring infant.

Symptoms:

The Impact of Chikungunya on the Body

Phase Acute (First One to Two Weeks)

Most people have the following symptoms 3-7 days after infection:

- *- A high temperature (up to 40°C/104°F).*
- *- Excruciating joint pain, usually in the hands, wrists, knees, and ankles.*
- *- Weakness and discomfort of the muscles*
- *- Weariness and headache.*

- *- Rash (red spots or lumps, typically on the arms and legs).*
- *- Vomiting and feeling queasy.*

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4. *Weariness and headache.*
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6. *Vomiting and feeling queasy.*

(Weeks to Months) in the Subacute Phase

Joint discomfort can last for months, but fever usually goes away in a week.

Certain individuals encounter:

I. - Constant symptoms of arthritis

II. - Swollen and rigid joints

III. - Prolonged exhaustion

(Months to Years) Of The Chronic Phase

About 30-40% of patients develop long-term joint complications, including: Long-term joint problems affect 30-40% of patients, and they include:

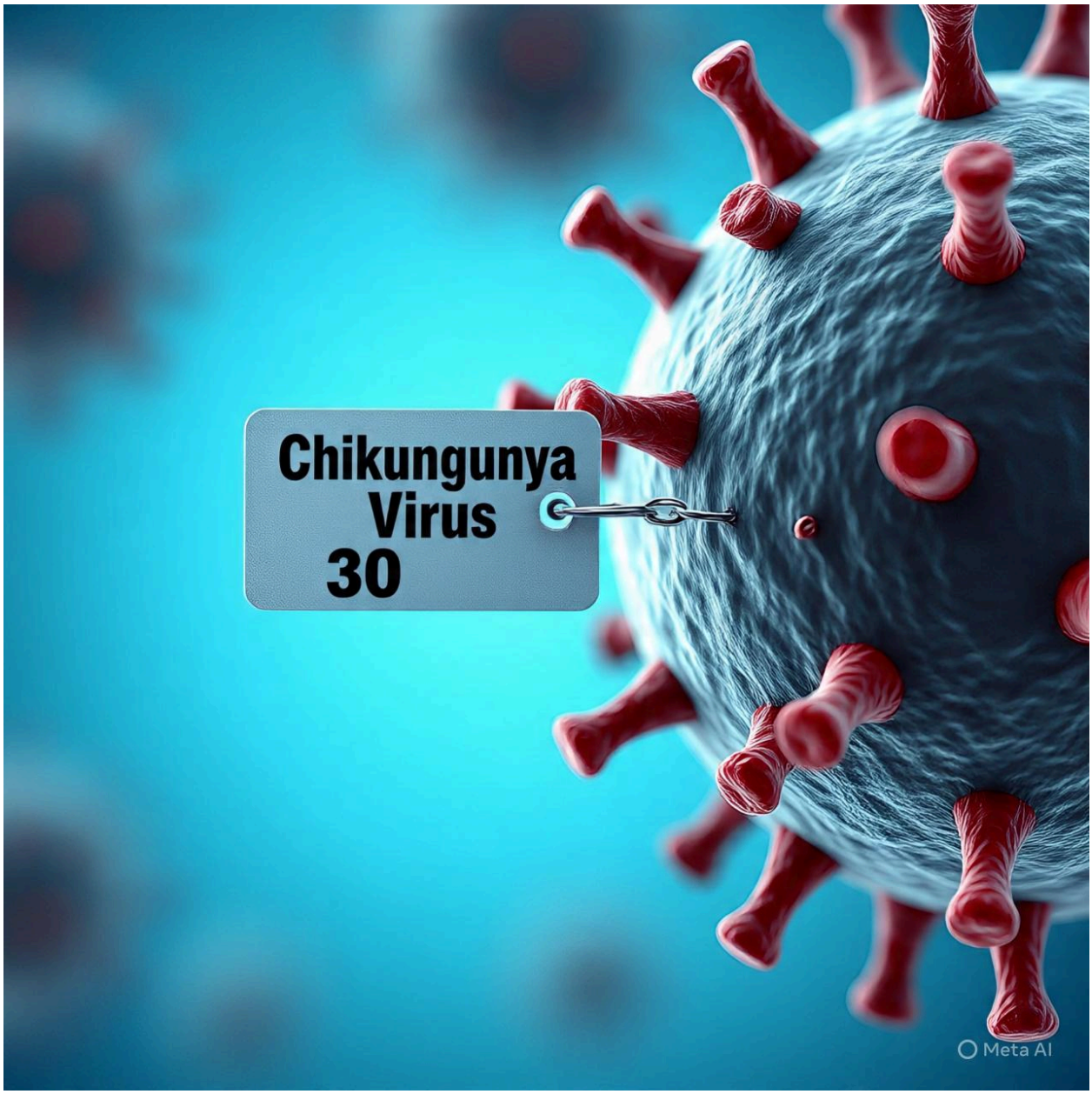
1. *Inflammation much like rheumatoid arthritis.*
2. *Sore ligaments and tendons.*
3. *A decrease in movement*

Consequences for the body over time.

While the majority fully recover, some people experience crippling long-term problems, particularly:

1. *- Elderly people are more likely to have serious joint damage*
2. *- Individuals who already have autoimmune diseases or arthritis.*

3. - During delivery, newborns contracted an infection that could cause neurological problems.



Rarely, chikungunya can result in:

1. - *Inflammation of the heart (myocarditis).*

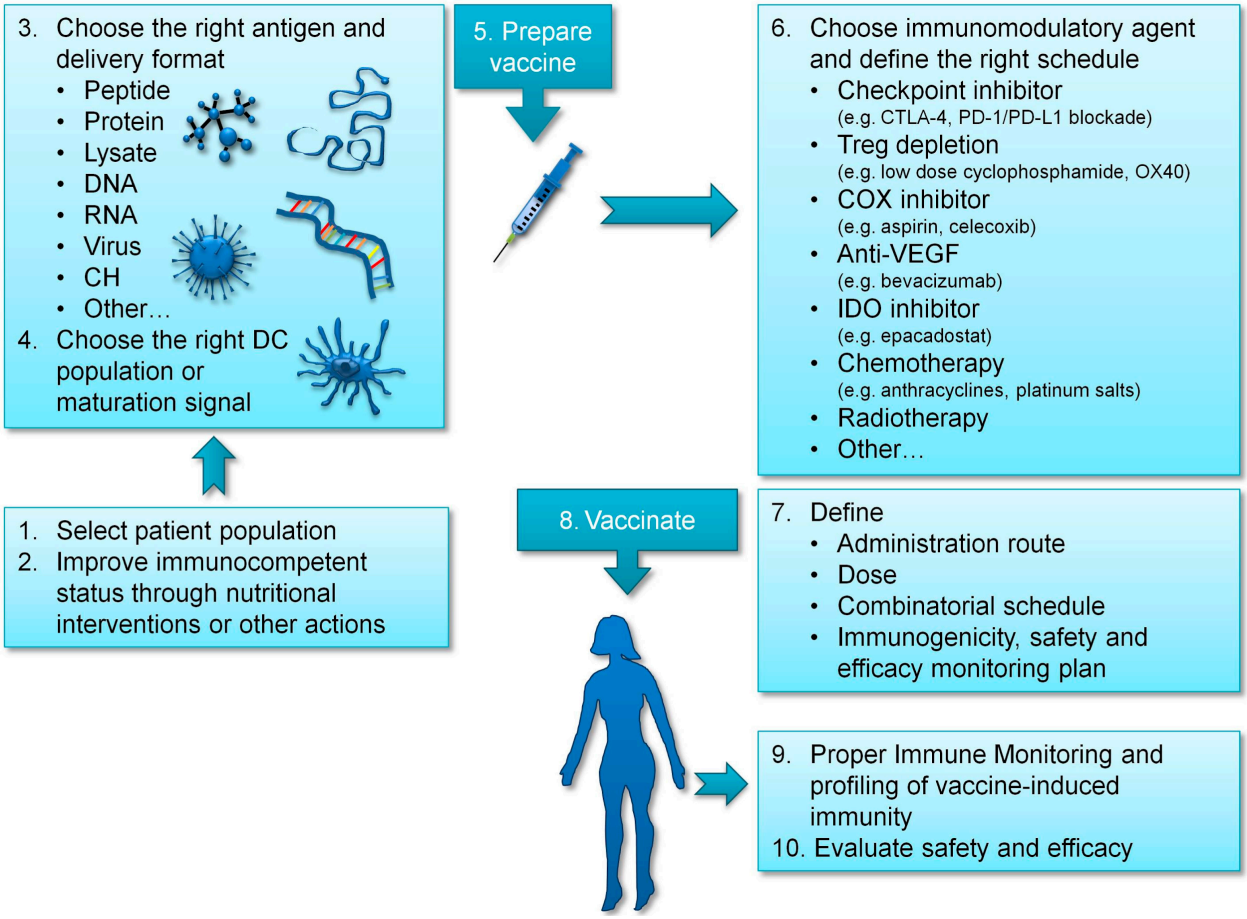
2. - *Uveitis, or eye infections.*

3. - *Meningoencephalitis and other neurological disorders.*

4. - *Kidney and liver problems.*

Which Person Is Most at Risk?

- ✔ *People who reside in tropical or subtropical areas, which are home to Aedes mosquitoes*
- ✔ *Visitors to regions affected by outbreaks*
- ✔ *Infants and the elderly*
- ✔ *People who have compromised immune systems*



Identification & Management

How Do They Diagnose Chikungunya?

- *Infection is confirmed by blood tests (RT-PCR or IgM antibodies).*
- *Eliminate Zika and dengue (similar symptoms).*

Is There a Treatment?

There is no particular antiviral treatment, but management consists of:

★ - *Hydration and rest*

★ - *Pain remedies (paracetamol/acetaminophen)*

★ - *Steer clear of NSAIDs, such as ibuprofen, until dengue is ruled out due to the possibility of bleeding*

★ - *Physical treatment for long-term joint discomfort*

Avoidance Advice

01. - Apply DEET, picaridin, or lemon eucalyptus oil as a mosquito repellent.

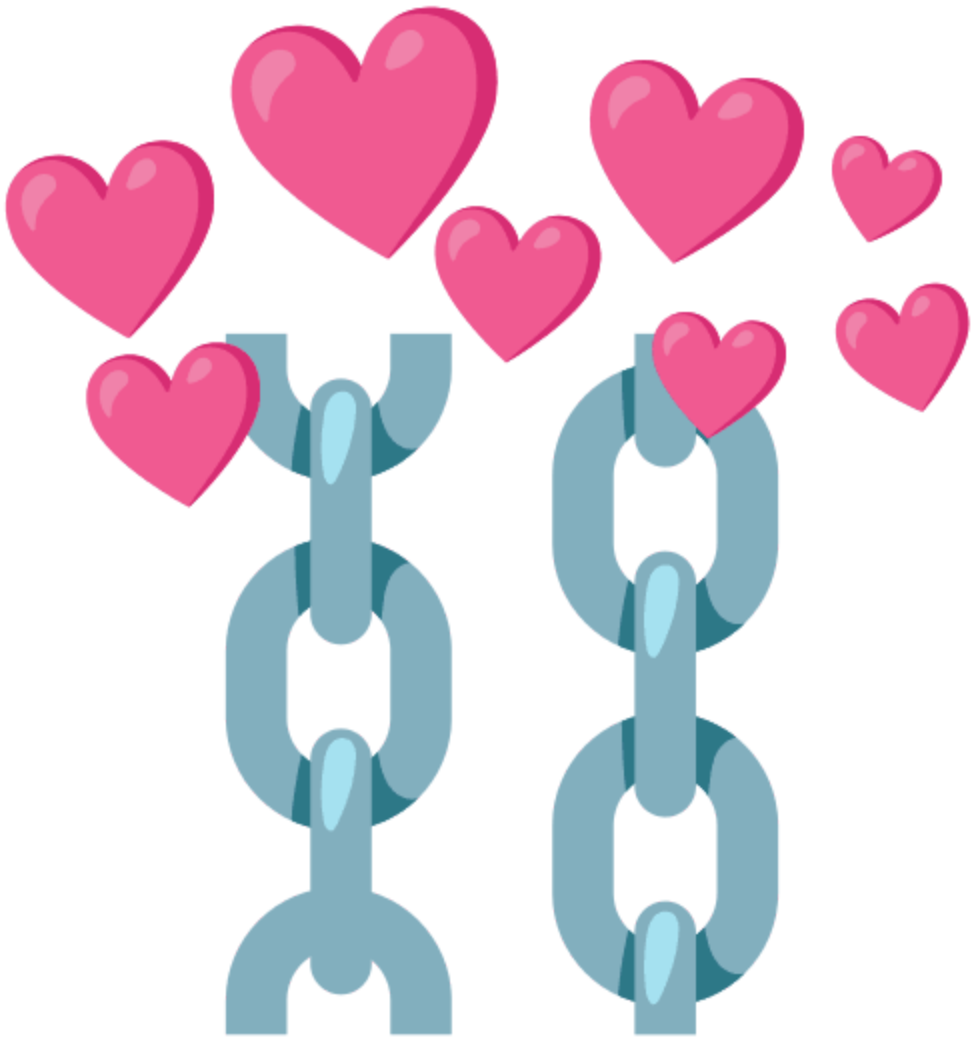
02. - Eliminate standing water (mosquito breeding sites)

03. - Remove standing water, which serves as a breeding ground for mosquitoes.

04. - Put up window screens and use nets to sleep under.

IF YOU READ MORE INFO.....

https://tinyurl.com/4ezty96x



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